



Serves: 4

# Moti E Zameen (Tandoori Vegetable Salad)

## Ingredients

- Paneer, 2-inch cubes 200g
- Green capsicum, 2-inch cubes 60g
- Tomato, 2-inch cubes 50g
- Onion, 2-inch cubes 50g
- Pineapple, quartered 50g

## Marinade

- Natural Set Yoghurt 100g
- Mustard oil 2 tsp
- Red chilli powder ½ tsp
- Salt, to taste
- Ginger paste 2 tsp
- Garlic paste 2 tsp
- Green coriander 1 tbsp
- Chat masala ½ tsp
- Gram masala powder ½ tsp

## Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

## Method

- Mix all marinade ingredients. Add in all the other ingredients, mix well and leave aside for half an hour.
- Arrange all ingredients on a skewer in alternate order for a colourful look.
- Cook in tandoor, over barbeque or in an oven at 180°C for 10–12 minutes.
- Remove from skewer. Garnish with fresh coriander before serving.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 100kcal  
Protein 8.5g  
Total fat (g and % of total calories)  
3.4g (30.6%)  
Saturated fat 0.9g  
Cholesterol 4mg  
Carbohydrate 8.9g  
Dietary Fibre 1.0g  
Sodium 376mg